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| <b>Title of meeting:</b>      | Health and Wellbeing Board  |
| <b>Date of meeting:</b>       | 25 <sup>th</sup> September 2019   |
| <b>Subject:</b>               | Proposal for a pilot superzone to tackle childhood obesity and create a healthier environment |
| <b>Report by:</b>             | Director of Public Health   |
| <b>Wards affected:</b>        | All with a focus on Charles Dickens ward  |
| <b>Key decision:</b>          | N/A   |
| <b>Full Council decision:</b> | No  |

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## 1. Purpose

- 1.1 The purpose of this report is to:
- Present a proposal for a pilot superzone around a Portsmouth primary school

## 2. Recommendations

- 2.1 The Health and Wellbeing Board is asked to:
- Approve the proposal to implement a pilot superzone around a Portsmouth primary school with the aim of creating a healthier environment.

## 3. Background

- 3.1 The Director Public Health's Annual Report 2017 highlighted the local and national issue of childhood obesity. Upon discussion at the Health and Wellbeing Board, it was agreed to consult partners and jointly propose further local action to tackle this complex issue. This paper therefore presents a proposal for a pilot 'superzone' to be implemented in Portsmouth based around Arundel Court Primary Academy, part of the University of Chichester Academy Trust.
- 3.2 The latest published figures from the National Child Measurement Programme (2017/18) show that in Portsmouth, the prevalence of children overweight or obese is 24.5% (10.7% obese) in Reception (significantly higher than the national average) and 36.2% (21.7% obese) in Year 6 (similar to the national average). Across Portsmouth there is variation between wards and higher levels of obesity are observed in areas experiencing greater deprivation.

## 4. Reasons for recommendations

### 4.1 *Proposal for a pilot 'superzone'*

- 4.1.1 A superzone is a place based approach to coordinating policy and community action with the aim of reducing childhood obesity in a specific area, as well as achieving co-benefits of reducing air pollution and promoting a safe environment. Superzones are an approximate 400m radius area around a location - for Portsmouth, a primary school has been selected.

- 4.1.2 A superzone approach brings together a diverse range of partners to tackle problems and design actions with communities to improve their neighbourhoods. It assesses the character, needs and assets of the superzone and then tailors and priorities a mix of actions appropriate to that place.
- 4.1.3 The pilot superzone would be located around Arundel Court Primary Academy which is located in Charles Dickens ward, one of the more deprived areas of the city. Spatial analysis supports this as an area which has most opportunity to benefit from a focused and co-ordinated approach including by drawing on the many community assets located in the area (e.g. community centres, faith based groups, adventure playground and youth club, library, Family Hub, community garden and green space).
- 4.1.4 Arundel Court Primary Academy took up the opportunity to conduct curriculum relevant project work surveying their local environment to understand, through children's eyes, what helped or hindered them be healthy. The children's work was impressive and imaginative, drawing on smells, noises and what they saw. Three main themes emerged (reflected in table 1) asking for action on improving the environment, ensuring public spaces are safe and ensuring healthy food is available. Examples of what the children said:

Several classes counted fast food outlets in the local area. The children understood that eating too much fast food and gaining weight *"could lead to illnesses like diabetes and obesity"* and thought that *"to have a healthy environment we need healthier restaurants."*

*"Our world will be better without cars because pollution is floating everywhere"*

*"We need people to stop smoking... it effects our lungs badly"*

*"We would like clean open space"*

- 4.1.5 This work will also support delivery of the National Planning Policy Framework which clearly states that planning policies and decisions should aim to achieve healthy, inclusive and safe places.
- 4.1.6 A 400m zone around Arundel Court Primary Academy is shown in appendix 1. This area is intended as a guide and is likely to vary in line with school catchment area and take account of other initiatives. Some initiatives as part of the zone may be more appropriately implemented Portsmouth-wide.
- 4.1.7 The table below details initiatives proposed for inclusion in the superzone. A second Project Bridge session will seek to gather ideas from parents, community members and other partners to build a consensus of actions that will be progressed as part of the superzone. Parental engagement throughout the pilot will be an important component in delivering meaningful change. Actions will then be approved and progressed through appropriate channels, and overseen by a steering group. The pilot superzone is intended to run for an initial 12 month period, followed by a stocktake of whether intended aims are being achieved.

**Table 1: Proposed initiatives for inclusion in the superzone**

| Workstream       | Proposed intervention  | Portsmouth City Council Directorate                  | Anticipated Impact  |
|------------------|--|--|---|
| Food Environment | Restrict additional unhealthy A5 hot food takeaways within 400m of school  | Planning   | Reduce exposure to unhealthy food   |
| Active Places    | School streets/ temporary road closures around schools to encourage walking/cycling                                      | Transport  | Increase in active travel/physical activity   |
|                  | Engaging parents in adventure playground and summer food and fun activities  | Housing  | Improve air quality   |
|                  | Greening and improving walking routes/ play on the way schemes.  | Planning/Transport/<br>Public Health                 |   |
| School setting   | Participate in Daily Mile (once school build completed) and new outdoor space designed to maximise health.               | Public Health  | Increase in physical activity   |
|                  | Implement and expand Pompey Monsters   | Transport  | Increase physical activity  |
|                  | Healthier food offer in schools both cooked meal (new contractor) and packed lunches (guidelines/policy to be developed) | Housing host contract for school meals/<br>Education | Increase in healthy food consumed during school day   |
| Clean Air        | Smoke free areas e.g. playgrounds, school gates, consider other outdoor spaces used by children, bus stops               | Public Health  | Clean air outside school will encourage children to play outside and walk to school - increasing physical activity and perceived safety through higher footfall |
| Safety           | Work with Community Wardens and school children to identify solutions  | Clean and Green/<br>Education/ Public Health         | Community owned solutions to improve perceived safety, encouraging children and their families to enjoy outside space   |

## 4.2 Key findings of background work

4.2.1 **Whole Systems Mapping:** In summer 2018, a whole systems mapping exercise using tools developed by Leeds Beckett University identified local obesity prevention and management activity across health, social care, education, community and voluntary organisations, and elsewhere. Many initiatives were underway across the city but the work highlighted how a more coordinated approach could be helpful. The majority of activities were focused on individual and family action. It was identified that measures to tackle wider environmental drivers of obesity were needed to make healthy choices the easy choices for children, families and young people.

4.2.2 **Health and Wellbeing Board workshop:** In November 2018, the Health and Wellbeing Board held a workshop to identify possible further actions. A range of suggestions were put forward including ideas to work with families recognising the importance of parents/carers, as well as ways to optimise the environment.

- 4.2.3 **Project Bridge:** In March 2019, a Project Bridge workshop brought together officers of Portsmouth City Council with the voluntary and healthcare partners. Attendees identified the drivers of obesity - these included the environment children are exposed to in terms of access to healthy food, sports facilities, green space and advertising; support for families; how children move around the city - whether they walk or are driven, among others. Ideas for action from the Project Bridge were i) to work with schools and education, ii) consider a 'why not walk' campaign to challenge the mode of travel for each journey, iii) promoting healthy weight before conception and for new mums, iv) family activities, v) road closures for traffic free days.
- 4.2.4 **'Through the eyes of a child' environmental survey:** Arundel Court Primary Academy took up the opportunity to participate in a project to survey the local environment around their school. Pupils reported on what they felt helped or hindered them to be healthy. Classes in Years 2 to 6 displayed their findings using maps, photographs, drawings, creative writing and a video. Cllr Winnington, Cllr Ashmore and Cllr Stagg along with Council officers visited the school to hear what they children had found. The children highlighted several reasons why they felt proud to grow up in Portsmouth and also had suggestions for how the environment could further help them lead healthy lives.
- 4.2.5 **Spatial analysis of assets and hazards:** City-wide mapping of hazards and assets including deprivation, childhood obesity, access to green space, locations of fast food outlets, community assets (adventure playgrounds, Family Hubs, libraries etc) was undertaken.
- 4.2.6 An **evidence review** gathered understanding about the most promising interventions and opportunities to intervene to prevent and manage childhood obesity.

## 5. Equality impact assessment

- 5.1 An equality impact assessment will be conducted for specific initiatives within the superzone plan to inform specific decision making processes appropriately. The superzone steering group will oversee an equality impact assessment for the pilot project and appropriate mitigating actions taken as necessary.

## 6. Legal implications

- 6.1 The proposals in this report are consistent with the statutory duties of the Council in relation to the promotion and improvement of public health, in particular the Council's duty under section 2B of the NHS Act 2006 (as amended by section 12 of the Health and Social Care Act 2012) to take such steps as it considers appropriate for improving the health of the people in its area.
- 6.2 The legal implications that may arise in connection with specific initiatives forming part of the proposed pilot project will be considered and addressed as appropriate in the course of the further scoping of the initiative concerned.

## 7. Finance comments

- 7.1 It is currently anticipated that the proposals to create the pilot superzone will be primarily delivered through existing resources and within existing budgets. Where future proposals or initiatives requiring additional funding to enable delivery are identified, they will be dependent on securing additional funding and the completion of a detailed financial appraisal.

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Signed by: Dr Jason Horsley, Director of Public Health

**Appendices:**

Appendix 1 - Map describing approximate superzone location

**Background list of documents: Section 100D of the Local Government Act 1972**

The following documents disclose facts or matters, which have been relied upon to a material extent by the author in preparing this report:

| Title of document | Location |
|-------------------|----------|
|-------------------|----------|

The recommendation(s) set out above were approved/ approved as amended/ deferred/ rejected by ..... on .....

# Appendix 1: Map describing approximate superzone location

